



# Dimensions Of Wellness



**Creating Balance  
& Healthy Habits In  
Every Area Of Your Life**



**OPEN™**  
otsuka patient education network

**KIDNEY DISEASE**



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## WELLNESS

Wellness is a balance. Wellness means having healthy habits like eating well, sleeping, being productive, and participating in meaningful activities.<sup>1</sup>

## EMPOWERMENT

Empowerment means taking personal responsibility for our choices and our lives. Wellness and balance are defined by you, based on what you think is important and needed as well as on your personal goals and values.<sup>2</sup>

[OtsukaPatientEd.com/Kidney-Disease](https://OtsukaPatientEd.com/Kidney-Disease)



## Dimensions Of Wellness

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# EMOTIONAL



## What Is Emotional Wellness?

Emotional wellness is the ability to successfully handle life's stressors while adapting to change during difficult times.<sup>1</sup>

## Why Is It So Important?

Emotional health is important to overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. This allows them to keep problems in perspective and bounce back from setbacks.<sup>2</sup>

**~27%** of adults with kidney disease and kidney failure also have depression.<sup>3</sup>

Depression can interfere with taking your medicine, increase hospital stays, and other complications. If you are depressed, try to be with other people.<sup>3</sup> **Remember, you are not alone. See page 9 for resources that can help.**

National Institute of Health (NIH)

### Emotional Wellness Checklist<sup>1</sup>

- Brighten your outlook
- Reduce stress
- Get quality sleep
- Cope with loss
- Be mindful
- Strengthen social connections
- Seek support from friends, family, and/or a mental health professional



1. <https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist.pdf>  
 2. <https://journeytorecovery.com/product/the-ten-essential-traits-of-emotional-health-mh-infographic/>  
 3. Wilk AS, et al. KIReports. 2022;7:1630-1642



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Placeholder - Dr. Adhoot

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# SPIRITUAL



## What Is Spiritual Wellness?

Spiritual wellness involves having meaning, purpose, and a sense of balance and peace.<sup>1</sup>

Studies show that individuals dealing with kidney disease, including kidney failure and dialysis, who turned to faith and spirituality to cope with both mental and physical challenges, experienced improved quality of life.<sup>2</sup>

## Positive Effects Of Spiritual Wellness:<sup>3</sup>

### Physical Health

- Increased longevity
- Enhanced immune function
- Reduced risk of heart disease and high blood pressure
- Increase in positive health behaviors



### Emotional Health

- Decreased anxiety, depression, and suicide\*
- Greater coping skills
- Improved self-confidence
- Stronger support system

## Spiritual Wellness Checklist<sup>1</sup>

- I know my values and beliefs about life
- My daily actions are based on my values
- My beliefs and values guide me in difficult times
- I feel purpose and meaning in my life
- I am grateful for the good things in life
- I am optimistic about and have faith in the future
- I try to learn about differing views and beliefs
- I regularly pray, meditate, or reflect
- I use my thoughts and attitudes in life-affirming ways

## Spiritual activities to help you feel well:<sup>1</sup>



Spending time in nature



Breathing exercises



Reading an inspirational book



Becoming involved in a spiritual community



Praying or meditating

1. Swarbrick, P., & Yudof, J. (2015). Wellness in Eight Dimensions. New Jersey: Collaborative Support Programs of NJ, Inc.  
 2. Fradelos E. Scientific World Journal. 2021;6636854. <https://doi.org/10.1155/2021/6636854>  
 3. Mueller, P. S., et al., Mayo Clin Proc. 2001; 76: 1225-1235.



**If you or someone you know is in crisis, call:**  
Suicide Prevention Hotline/Lifeline 1-800-273-TALK (8255) or text the Crisis Text Line 741-741



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Placeholder - Patient (Valen/Customer Council)





# INTELLECTUAL



## What Is Intellectual Wellness?

Intellectual wellness involves lifelong learning, the application of knowledge learned, and sharing knowledge with others.<sup>1</sup>

### Intellectual Wellness Consists Of:<sup>2</sup>

- Creativity
- Critical thinking
- Problems solving
- Stimulating curiosity



### Potential Impacts:<sup>2</sup>

- Improved concentration
- Improved memory
- Clearer thinking
- Open-mindedness
- A more stimulating life

## Intellectual Wellness Checklist<sup>1</sup>

- I make an effort to learn new things about health and kidney disease
- I talk to a health care provider when I have questions about my health
- I try to keep on top of current affairs
- I do creative activities or play stimulating games
- I read daily on the internet, magazines, or books
- I ask questions to learn from others

## Intellectual Wellness Ideas:<sup>1-2</sup>



- Learn A New Language
- Write A Story
- Do A Crossword Puzzle
- Solve A Jigsaw Puzzle
- Read A Book



- Build A Model
- Learn A New Craft
- Cook A New Dish
- Practice A Musical Instrument
- Take An Art Class



- Practice A New Sport
- Learn A New Dance
- Learn A New Game



- Attend A Lecture
- Visit A Museum
- Attend A Play



- Share What You've Learned With A Friend
- Engage In An Intellectual Discussion

1. Swarbrick, P., & Yudof, J. (2015). Wellness in Eight Dimensions. New Jersey: Collaborative Support Programs of NJ, Inc.  
 2. Intellectual | Center for Wellness and Health Promotion (harvard.edu): <https://wellness.huhs.harvard.edu/intellectual>



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Placeholder - Dr. Aziz



# PHYSICAL



## What Is Physical Wellness?

Physical wellness involves maintaining healthy habits, prioritizing nutrition and exercise, and obtaining health care.<sup>1</sup>

### Physical Wellness & Kidney Health<sup>2</sup>



**Actively managing** your kidney disease can improve your physical wellness and keep you feeling your best.



You can **take steps to slow the progression** of kidney disease and avoid health problems such as heart disease or stroke.



**Physical activity, good nutrition, and taking medications** as prescribed can help you to stay healthy.

## Physical Wellness Checklist

- Quit smoking: Smoking can worsen kidney disease and interfere with blood pressure medication<sup>2</sup>
- Limit alcohol intake: Alcohol can increase risk of high blood pressure<sup>2</sup>
- Monitor your blood pressure<sup>2</sup>
- Stay in your target blood sugar range<sup>2</sup>
- Limit salty foods. Get creative with herbs and other spices<sup>2</sup>
- Plan annual physical and dental checkups, immunizations, and self-exams<sup>1</sup>
- Get adequate sleep (7-9 hours/night)<sup>1</sup>



### Manage Stress

Use stress management techniques like meditation. These help us to stay calm and relaxed.<sup>1</sup>



### Exercise

Aim to exercise for 20 to 30 minutes at least 3X per week.<sup>1</sup>



### Nutrition

Eat a variety of fresh fruits, vegetables, and whole grains each day.<sup>1</sup> Avoid excessive caffeine and sugary drinks.<sup>1</sup>

1. Swarbrick, P., & Yudof, J. (2015). Wellness in Eight Dimensions. New Jersey: Collaborative Support Programs of NJ, Inc.  
 2. <https://www.cdc.gov/kidneydisease/publications-resources/live-well-with-chronic-kidney-disease.html>  
 3. <https://www.nami.org/mhstats>



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## What Is Environmental Wellness?

Environmental wellness involves having physical safety, clean surroundings, and access to clean air, food, and water.

Environment impacts the other dimensions of health & wellness.<sup>1</sup>



Pollution and lack of sleep can impact our **physical wellness**.



Noisy workspaces and difficult work schedules can impact our **occupational wellness**.



Living in places without parks, recreation centers, and grocery stores can impact our **social wellness**.

## Environmental Wellness Checklist<sup>2</sup>

- Walk, bike, or use public transportation
- Make use of natural light, fresh air, and live plants
- Limit electronic device use before bed
- Enjoy time in nature, but protect your skin
- Support local gardens and farmer's markets
- Clean your home and workspace to avoid clutter
- Support advocates for the environment
- Use recycled items, and conserve energy and water



1. <https://www.prainc.com/wp-content/uploads/2019/05/EnvironmentalWellness-508.pdf>  
 2. <https://u.osu.edu/4hjournal/2021/01/13/environmental-wellness-healthy-world-healthy-you/>  
 3. <https://www.myamericannurse.com/wp-content/uploads/2018/09/ant9-Wellness-Environment-822a.pdf>



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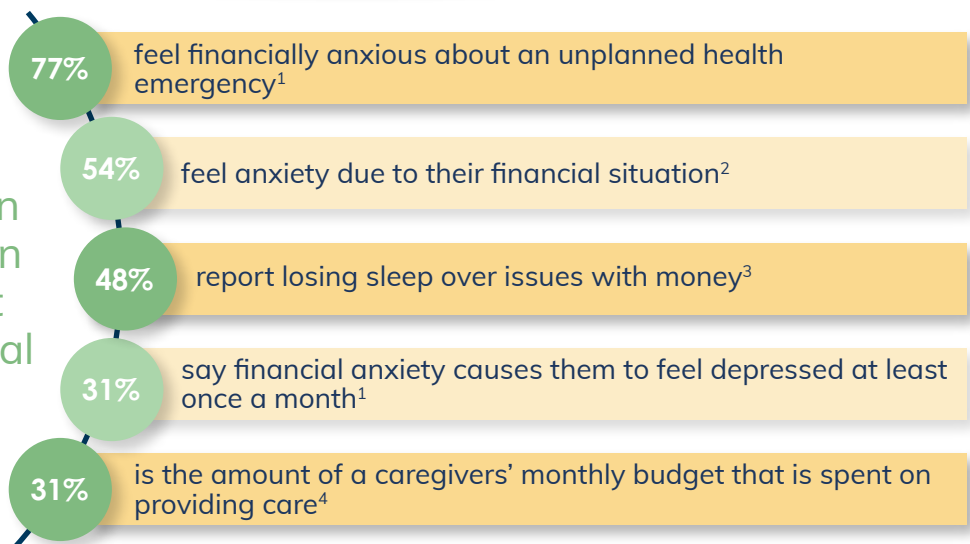
# FINANCIAL



## What Is Financial Wellness?

Financial wellness involves having financial resources, maintaining financial literacy, and meeting practical needs.

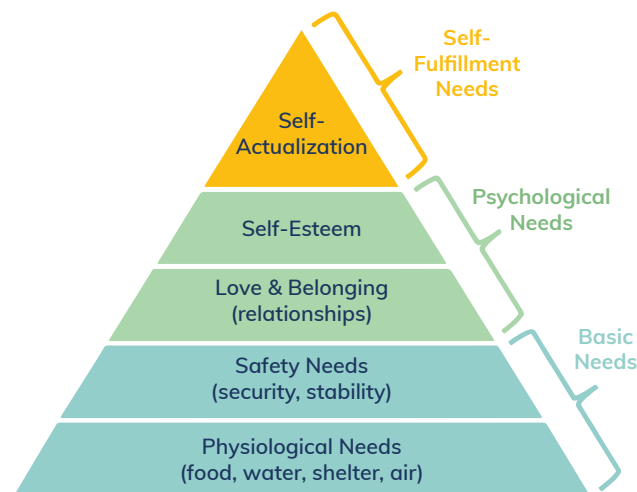
Financial wellness is an unmet need in the U.S. that impacts mental health.



## Financial Wellness Checklist<sup>5</sup>

- I have money to meet current expenses
- I balance my wants and needs
- I have money for unexpected life expenses
- I pay my bills and file taxes on time
- I track expenses and monitor credit reports
- I save money for life goals like retirement
- I have people who can help me with finances

Financial wellness allows us to meet our basic needs.



Maslow's hierarchy of needs suggests that people are motivated to fulfill basic needs (bottom of the pyramid) before they meet more advanced needs (top of the pyramid).<sup>6</sup>

1. <https://news.northwesternmutual.com/planning-and-progress-2020>  
 2. <https://news.northwesternmutual.com/planning-and-progress-2018>  
 3. Survey: Surprisingly Fewer People Losing Sleep Over Money Issues | Bankrate  
 4. <https://news.northwesternmutual.com/planning-and-progress-2021>

5. Swarbrick, P., & Yudof, J. (2015). Wellness in Eight Dimensions. New Jersey: Collaborative Support Programs of NJ, Inc.  
 6. <https://canadacollege.edu/dreamers/docs/Maslows-Hierarchy-of-Needs.pdf>



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## What Is Occupational Wellness?



It is the ability to achieve work/life balance in a way that promotes healthy living and job satisfaction.<sup>1</sup>



It is a very important element in the life of an employee. Work-related stress can have negative impacts on an individual's mental and physical health.<sup>2</sup>

## Occupational Wellness Checklist<sup>3</sup>

- Set reasonable goals
- Manage time efficiently
- Ask for flexibility when needed
- Take breaks
- Communicate effectively

## Ways to Improve Occupational Wellness At Home<sup>3</sup>

### At Home



Unplug from technology



Don't over commit



Seek out support



Take care of your body



Share household responsibilities

1. <https://spokane.wsu.edu/wellness/occupational-wellness/>

2. <https://mantracare.org/employee-wellness/health-and-wellness-in-workplace/>

3. <https://www.mhanational.org/work-life-balance>



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# SOCIAL



## What Is Social Wellness?

Social wellness involves spending time with loved ones, contributing to the community, and taking interest in others.<sup>1</sup>

### Social Wellness In Action: Examples In the Kidney Health Community



**Peer support specialists** are trained professionals. They support people with kidney disease and share their lived experience.



**Care partners** help people with limitations. These may be due to illness, injury, or disability.



**Advocacy groups** educate on kidney health. They help us to improve services in the kidney health field.

## Social Wellness Checklist<sup>2</sup>

- Make connections
- Take care of yourself and others
- Get active with friends
- Build healthy relationships
- Bond with your family
- Shape your family's health habits

1. Swarbrick, P., & Yudof, J. (2015). Wellness in Eight Dimensions. New Jersey: Collaborative Support Programs of NJ, Inc.  
 2. <https://www.nih.gov/health-information/social-wellness-toolkit>  
 3. <https://www.cdss.ca.gov/inforesources/foster-care/social-wellness>

## 6 Types Of Social Wellness Boundaries<sup>3</sup>

We can be open to others, but we can say "no," too.



**PHYSICAL:** Limits on personal space and physical touch



**INTELLECTUAL:** Limits on sharing thoughts and opinions



**EMOTIONAL:** Limits on sharing personal information



**SEXUAL:** Limits on sexual intimacy and desired sexual contact



**MATERIAL:** Limits on lending money and personal possessions



**TIME:** Limits on sharing time with others if you want space



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# WELLNESS RESOURCES



## OPEN | KIDNEY DISEASE: NephU Education Center

Discover kidney health resources for patients and care partners: infographics, on-demand videos, podcasts, kidney healthy recipes, cooking demos, brochures & discussion guides, disease overviews, patient & care partner support.

[OtsukaPatientEd.com/kidney-disease](https://OtsukaPatientEd.com/kidney-disease)



## NKF PEERS

In this peer mentoring program, kidney patients are connected via phone with trained mentors who have been there themselves. Peer mentors can share their experiences with dialysis, transplant, or living kidney donation with you.

[Kidney.org/patients/peers](https://Kidney.org/patients/peers)



## NKF Cares

This patient information help line offers support for people affected by kidney disease, organ donation, or transplantation. Speak with a trained specialist who will answer your questions and listen to your concerns.

[Kidney.org/NKFCares](https://Kidney.org/NKFCares)



## Kidney Wellness Hub

Wherever you are on your kidney journey, Kidney Wellness Hub offers content with you in mind. This includes resources and videos on staying fit, eating well, activities to boost your mental health, plus opportunities to get connected and stay social.

[KidneyWellnessHub.ca](https://KidneyWellnessHub.ca)



## Centers for Disease Control and Prevention (CDC)

The CDC is the United States' leading science-based, data-driven, service organization that protects the public's health. The Chronic Kidney Disease Initiative offers resources such as fact sheets, infographics, and podcasts.

[CDC.gov/kidneydisease/publications-resources/index.html](https://CDC.gov/kidneydisease/publications-resources/index.html)



## American Kidney Fund (AKF)

This need-based financial assistance program helps patients with health insurance premiums, transportation costs, prescription medications, and other health care necessities. AKF also offers medically-reviewed education resources on kidney disease.

[KidneyFund.org/get-assistance](https://KidneyFund.org/get-assistance)



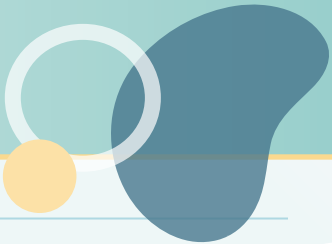
## Remember: The 8 Dimensions Of Wellness Are Interconnected<sup>1</sup>



Reference: 1. Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 311- 314.

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# NOTES

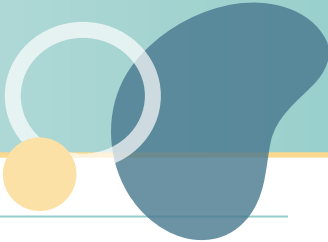


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# NOTES



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## Dimensions Of Wellness

### Create Balance & Healthy Habits In Every Area Of Your Life:

- Emotional
- Spiritual
- Intellectual
- Physical
- Environmental
- Financial
- Occupational
- Social



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